



Pan Canadian Formulas 2020
Warm Interior

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p align="center">Dang Gui Si Ni Tang <i>Tangkuei Decoction for Frigid Extremities</i></p>	<p>Action: Warms channels, disperses Cold, nourishes Blood and unblocks blood vessels Indication: Cold in the channels with underlying Blood Deficiency S/S: Long-standing cold hands and feet that are both cold to the touch and feel very cold to the patient T: Pale + white coat P: Submerged, Thin or so Thin that it is almost imperceptible</p> <p>Cautions and contraindications: Caution: During spring and summer seasons or in warm climates Contraindication: Yin Deficiency Fire</p>	<p>Dang Gui 9g (C) Gui Zhi 9g (C) Xi Xin 6g (D) Shao Yao (Bai Shao) 9g (D) Zhi Gan Cao 6g (A) Da Zao 25 pieces (4-5 pieces) (A) Mu Tong 6g (E)</p>
<p align="center">Huang Qi Gui Zhi Wu Wu Tang <i>Astragalus and Cinnamon Twig Five-Substance Decoction</i></p>	<p>Action: Tonifies Qi, warms and harmonizes channels, unblocks painful obstruction Indication: Blood Bi Obstruction due to Wind Cold Invasion S/S: Relatively superficial numbness without pain, paresthasias and numbness of the skin and flesh T: None noted P: Faint, Choppy, Tight</p> <p>Cautions and contraindications: None noted</p>	<p>Huang Qi 9g (C) Gui Zhi 9g (C) Shao Yao 9g (D) Sheng Jiang 18g (A) Da Zao 12 pieces (E)</p>
<p align="center">Li Zhong Wan <i>Regulate the Middle Pill</i></p>	<p>Action: Warms Middle Jiao, strengthens Spleen and Stomach Indication: Middle Jiao Cold due to Yang Deficiency, Bleeding due to Middle Jiao Yang Deficiency or chronic childhood convulsions S/S: 1) Middle Jiao Deficiency Cold due to Yang Deficiency: Diarrhea with watery stools, nausea and vomiting, no particular thirst, loss of appetite, abdominal pain T: Pale + white coat P: Submerged, Thin 2) Bleeding due to Middle Burner Yang Deficiency: Nose bleeds, vomiting of blood, excessive menstrual bleeding, bleeding from the rectum, various types of internal bleeding, blood is pale and the bleeding is accompanied by cold extremities, a wan complexion T: Pale P: Frail 3) Chronic childhood convulsions: Emaciation, cold hands and feet, vomiting and diarrhea; spitting of frothy saliva during the recovery stage of an illness; sudden turmoil disorder with Cold marked by an absence of thirst; chest painful obstruction characterized by rigid focal distention in the heart region, a sense of fullness in the chest and pain in the hypochondria that shoots toward the heart T: None noted P: None noted</p> <p>Cautions and contraindications: For sudden turmoil disorder, discontinue once vomiting and diarrhea have stopped Contraindication: Exterior invasions with fever or Yin Deficiency</p>	<p>Gan Jiang 9g (C) Ren Shen 9g (D) Bai Zhu 9g (A) Zhi Gan Cao 9g (E)</p>



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<p>Fu Zi Li Zhong Wan <i>Aconite Accessory Root Pill to Regulate the Middle</i></p>	<p>Action: Warms Yang, dispels Cold, tonifies Qi and strengthens Spleen Indication: Severe internal Cold with abdominal and epigastric pain or oral ulcers due to Spleen and Stomach Deficiency Cold S/S: Severe internal Cold with abdominal and epigastric pain, vomiting and diarrhea, inability to keep food down, a cold body with very cold extremities and mild sweating. Also: Chronic or recurrent oral ulcers due to Spleen and Stomach Deficiency Cold T: None noted P: Faint</p> <p>Cautions and contraindications: None noted</p>	<p>Zhi Fu Zi 90g Pao Jiang 90g Ren Shen 90g Bai Zhu 90g Zhi Gan Cao 90g</p> <p>No hierarchy noted</p>
<p>Wu Zhu Yu Tang <i>Evodia Decoction</i></p>	<p>Action: Warms and tonifies Liver and Stomach, directs Rebellious Qi downward and stops vomiting Indication: Vomiting due to Yangming Deficiency Cold, Jueyin headaches with dry heaves or Shaoyin headaches with vomiting and diarrhea S/S: 1) ST Vomiting due to Stomach (Yangming) Deficiency Cold: Vomiting immediately after eating, indeterminate gnawing hunger, acid reflux with or without epigastric pain 2) Liver (Jue Yin) Deficiency Cold: Vertex headache, dry heaves or spitting of clear fluids 3) Kidney (Shaoyin) Deficiency Cold: Vomiting and diarrhea with cold hands and feet and agitation so severe that the patient wants to die T: Not red + white, slippery coat P: Thin, Slow or Thin, Wiry</p> <p>Cautions and contraindications: Drink the decoction cooled for severe vomiting Side effect: Rarely, patients may have discomfort in the chest, dizziness and a worsening of the headache after taking the decoction, and should rest to reduce these side effects Contraindication: Vomiting or acid reflux due to Heat</p>	<p>Wu Zhu Yu 9-12g (C) Sheng Jiang 18g (D) Ren Shen 9g (A) Da Zao 12 pieces (E)</p>
<p>Xiao Jian Zhong Tang <i>Minor Construct the Middle Decoction</i></p>	<p>Action: Warms and tonifies Middle Jiao and moderates spasmodic abdominal pain Indication: Consumptive (Middle Jiao Deficiency Cold) Deficiency causing intermittent, spasmodic abdominal pain S/S: Intermittent spasmodic abdominal pain that responds favorably to local application of warmth and pressure, a lusterless complexion and reduced appetite. Also: Low-grade fever, palpitations, irritability, cold and sore extremities w/ nonspecific discomfort and a dry mouth and throat T: Pale + white coat P: Thin, Wiry and Moderate</p> <p>Cautions and contraindications: Modify the formula for patients with vomiting, roundworms because of the sweet substances in the formula or in cases of abdominal distention Contraindication: Yin Deficiency Heat</p>	<p>Yi Tang 18-30g (C) Gui Zhi 9g (D) Shao Yao 18g (D) Sheng Jiang 9g (A) Da Zao 12 pieces (3-5 pieces) (A) Zhi Gan Cao 6g (E)</p>
<p>Da Jian Zhong Tang <i>Major Construct the Middle Decoction</i></p>	<p>Action: Warms and tonifies Middle Jiao Deficiency, directs Rebellious Qi downward, alleviates pain Indication: Middle Jiao Yang Deficiency (root) with Yin or Cold Accumulation in the interior (branch) S/S: Excruciating epigastric and abdominal pain to the point that the patient cannot tolerate being touched, a strong sensation of cold in the epigastrium, vomiting to the point of being unable to eat. Also: Borborygmus T: White, slippery coat P: Thin, Tight or Slow, Wiry (or in especially severe cases, Hidden)</p> <p>Cautions and contraindications: Contraindication: Internal clumping, Damp Heat, or Yin and Blood Deficiency</p>	<p>Hua Jiao 3-9g (C) Gan Jiang 12g (D) Ren Shen 6g (A) Yi Tang 18-30g (A)</p>



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<p style="text-align: center;">Si Ni Tang <i>Frigid Extremities Decoction</i></p>	<p>Action: Rescues devastated Yang, warms Middle Jiao, stops diarrhea Indication: Shaoyin stage Cold Invasion causing Mingmen Fire Deficiency leading to Deficiency Cold in the Middle Jiao S/S: 1. Kidney Yang Deficiency leading to Yin Jue Syndrome: Cold extremities, aversion to cold, curling up when lying down, lethargy with a constant desire to sleep, vomiting, diarrhea with undigested food particles, abdominal pain and cold, lack of thirst, sudden fainting T: Pale + white, slippery coat P: Submerged, Thin or Faint</p> <p>2. Yang Collapse: Profuse cold sweat, cold limbs, sudden fainting</p> <p>3. True Cold, False Heat: flushed face, irritability, dry throat, yellow tongue coat and severe high blood pressure or a raised heartbeat</p> <p>Cautions and contraindications: Contraindication: True Heat False Cold with cold extremities, thirst with a desire to drink cool beverages, dark urine, red tongue with a yellow coat</p>	<p>Zhi Fu Zi 1 piece (6-9g) (C) Gan Jiang 4.5g (D) Zhi Gan Cao 6g (A)</p>
<p style="text-align: center;">Hui Yang Jiu Ji Tang <i>Restore and Revive the Yang Decoction</i></p>	<p>Action: Restores and revives Yang, tonifies Qi and revives pulse Indication: Cold attacking all three Yin Stages with extreme underlying Yang Deficiency S/S: Chills, a propensity to curl up when lying down, cold extremities, vomiting, diarrhea, abdominal pain, lethargy with a constant desire to sleep Also: Severe chills or cyanosis of the fingernails and lips T: Pale + white coat P: Submerged, Faint, or (in severe cases) imperceptible</p> <p>Cautions and contraindications: Not for long term use or high dosage and should be discontinued once warmth returns to the limbs</p>	<p>Zhi Fu Zi 9g (C) Gan Jiang 4.5g (C) Rou Gui 3g (C) Ren Shen 6g (D) Chao Bai Zhu 9g (D) Fu Ling 9g (D) Zhi Gan Cao 4.5g (D) (E) Wu Wei Zi 3g (A) She Xiang 0.1g (A) Sheng Jiang 3 pieces (E) Chen Pi 6g Not noted Zhi Ban Xia 9g Not noted She Xiang 0.1g (A)</p>
<p style="text-align: center;">Shen Fu Tang <i>Ginseng and Aconite Accessory Root Decoction</i></p>	<p>Action: Restores Yang, strongly tonifies Upright Qi and rescues Yuan Qi from collapse due to devastated Yang Indication: Severe Upright Qi Deficiency with sudden Yang Qi collapse S/S: Cold extremities, sweating, weak breathing and shortness of breath, dizziness, an extremely pale complexion T: Pale P: Faint that is almost Imperceptible</p> <p>Cautions and contraindications: Not for long term. Modify once Yang Qi is restored</p>	<p>Ren Shen 15g (9g) (C) Zhi Fu Zi 30g (15g) (D) Sheng Jiang Not noted Da Zao Not noted</p>